



# Purity

Monthly Journal of the Brahma Kumaris Hqs. Mount Abu, Rajasthan, India

*The Journey from absolute truth to total untruth*

## Virtual Reality

**V**irtual reality is being touted as a business that will be worth squillions of dollars in the coming years. The simulation of realistic experiences through computer-generated environments is expected to have a wide variety of uses in many fields, from education and medicine to entertainment.

Virtual reality headsets fit around a person's head and over their eyes, and visually separate them from the space they are physically occupying. Images are fed to the eyes from two small lenses. The immersive environment can be similar to the real world in order to create a lifelike experience.

A well-built virtual reality program can create a sense of actually being inside an alternative reality, and one effect of virtual reality is that it boosts the emotional intensity of

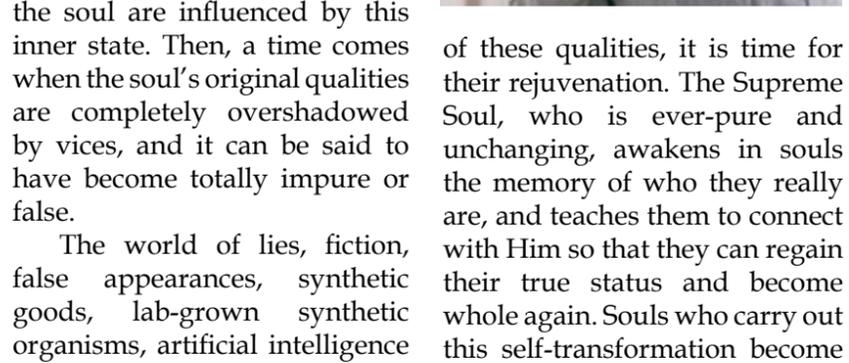
whatever a user is experiencing, partly because of the experience's all-enveloping nature.

The move from real experiences to artificial and now virtual ones is symptomatic of our times. There was a time when people used to meet, sit down together and have conversations, exchanging news, ideas, and opinions and sharing their thoughts and feelings. This was replaced by technological communication, through phones and computers, but still one interacted with a real person at the other end. Virtual reality isolates one from the real world altogether and transports one to a world of illusion where one can lose oneself with no awareness of time or place.

Virtual reality, by its very name, appears to indicate the culmination of the human soul's journey from absolute truth to total untruth. Though current users of virtual reality can experience unwanted symptoms such as headache, nausea and disorientation, experts foresee more and more people spending time in 'virtual space' in future.

Even though virtual reality experiences are yet to become commonplace, a lot of people in the world live cut off from those around them, interacting more with electronic devices than real people. Their eyes are glued to mobile phone, computer or television screens, and food, sleep and the care of children or elderly family members are all sacrificed for the pleasure provided by the sounds and images on the LCD displays.

This is a manifestation of the human soul's transition from a state of absolute purity and truth to one of total impurity before it undergoes rejuvenation. When the soul begins to play its part in this world, it is in its original, complete state. It expresses its innate virtues, such as truth,



peace and love. However, as the soul comes in contact with other souls and matter, they begin to influence it.

The soul gradually loses its power and virtues over successive lives. From its pure state it reaches a condition where it has virtues as well as vices in varying degrees. The thoughts, words and actions of the soul are influenced by this inner state. Then, a time comes when the soul's original qualities are completely overshadowed by vices, and it can be said to have become totally impure or false.

The world of lies, fiction, false appearances, synthetic goods, lab-grown synthetic organisms, artificial intelligence and augmented and virtual reality is the creation of souls who have lost touch with their original qualities.

When souls become empty

of these qualities, it is time for their rejuvenation. The Supreme Soul, who is ever-pure and unchanging, awakens in souls the memory of who they really are, and teaches them to connect with Him so that they can regain their true status and become whole again. Souls who carry out this self-transformation become instrumental in bringing about a similar change in the world, once again ushering in Satyug, the age of absolute truth. ★ (Purity Features)

### Top 10 Causes of Stress

- Testing of patience: 85 per cent
- Depression induced by violence shown in the movies or on TV: 32 per cent
- Health problems: 34 per cent
- Pace of modern life: 49 per cent
- Demands unfulfilled for a long time: 65 per cent
- Conflicts with loved ones: 58 per cent
- Money problems: 55 per cent
- Raising a family: 49 per cent
- Excessive noise: 39 per cent
- Crime in the community: 35 per cent

# How Much Time Remains...

What is the kind of world we live in today? On the one hand we have advanced technology, amazing scientific inventions and an exhaustive stock of information on every field of science of this material world. We have grown by leaps and bounds in our quest to know about the material world and to use it for our benefit or pleasure.

However, what is the end result of our phenomenal growth in terms of human experience? The statistics and news tell a sad story. Our progress has been hopelessly imbalanced. The scale and magnitude of human suffering has crossed all imaginable limits. For the vast majority of people, life is defined by increasing stress, worry, frustration, emptiness and ennui. A significant number of people are living in misery and despair. The traditional supports are falling away.

The moral degradation and corruption of human values makes one shudder. Can things be worse than this? We are on the brink of a nuclear and environmental catastrophe thanks to our scientific misadventures.

So how much time is left? Lot of people wonder whether the world will end or change for the better, and if so, when? There have been many predictions, prophecies and conjectures made about time and the end of the world. As years pass by and conditions worsen, people have become resigned and indifferent to it all.

But instead of worrying about time and the fate of the world, we have to trust that everything is happening for the greater good according to the

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divine plan. The last moment can come any time for a person. It is not necessarily connected to worldwide destruction.

On the other side of challenges there is opportunity! The great opportunity of the time is to redefine, reorient and reinvent ourselves. From the throes of ignorance and misery will emerge wisdom and goodness. The Brahma Kumaris is engaged in leading this transformation towards an enlightened and empowered world where each person enjoys unlimited peace, joy and harmony.

It will be a world of purity of character and values. Human beings in that world will be divine. They will coexist in harmony with themselves, others and nature. There will be no form of violence - physical, mental or emotional. Every person will be an embodiment of truth and divine virtues. They will be completely free from and ignorant of evil, vices and suffering.

People will enjoy perfect health, natural beauty, and a



long lifespan, and there will be no sickness or untimely death. Everybody will be happy and contented. There will be lightness, innocence, purity and joy in every action.

The outer state of the world is a reflection of the inner state of the world - our moral, ethical and spiritual foundations have become weak. And yet, it is exactly at such a time of utter darkness and extreme degeneration that God almighty, as per His promise in the Gita, transforms the present old, vicious, iron-aged world into a new, viceless, golden-aged world which is described in the scriptures as heaven, *swarg*, *jannat* etc.

Now is the time when we must turn our attention to the moral, ethical and spiritual dimensions of our life and strengthen these elements, which form the foundations of a truly advanced and happy society. The solutions to the problems of the world lie in elevated human consciousness, and in the eternal spiritual laws and values.

The present time is known as Sangamyuga - the confluence of the end of Kaliyuga and the

beginning of Satyuga. To make the best use of this crucial time, God is now guiding us. It is the time when human beings can attain *mukti* and *jeevanmukti*. He first gives us knowledge of the true self - that we are souls. By being soul conscious, we can gain mastery over our mind and sense organs and act in the awareness of our highest values. He also tells us that if we remember Him with love then all our sins will be absolved. He also guides us about karma and empowers us to perform the most benevolent actions. Through soul consciousness we learn to dis-identify with our limited egocentric identities and break free from attachments and experience our original *nirakari* (bodiless), *nirvikari* (viceless) and *nirahankari* (egoless) state.

What we have to focus on is to think, see, speak and do only good and positive actions in the remembrance of God at every moment. We have to see everyone as a pure soul and help them manifest that by being a good example and through our good wishes and pure feelings. If we do that, time will automatically change for good and usher in a new world.\*

(Purity Features)

## Pause 'n' Ponder

- Introversion paves the way for all virtues.
- Respect all that life presents to you.
- Let profound feelings of peace emerge.
- Look into the good qualities of others.
- Cooperate and do something for others.
- Remain focused on your inner peace.
- Too many people are ruined by too much.



Karnataka : Mr. B. N. Goud and Mrs. Swarnasree of International Wonder Book of Records presenting World Record Award to BK Padma Didi, Bengaluru for decorating 18 ft. Shiva Linga with over one lakh LED lights. (pic left)

# Rajyoga for world peace, health and happiness

*Shantivan, Abu Road:* A five-day international conference on the above theme was held here from February 23 with participation from all over the world.

Inaugurating the conference, Hon'ble Union Minister of State, Sudarshan Bhagat, said that the answer to all the current problems lay in spirituality and Rajyoga.

The Chief of Brahma Kumaris, 102-year-old Rajyogini Dadi Janki, urged the audience to follow the path of truth, keep a clean heart and have faith that everything happens for the good.

Prof. Tolebay Rakhypbekov, Chairman of Medical University, Kazakhstan, said he had experienced a personal transformation through Rajyoga, and so he regularly invites BK sisters to hold programmes for the benefit of medical students.

Brahma Kumaris Jt. Chief Rajyogini Dadi Ratan Mohini said that having one world view was possible only by imbibing Godly knowledge.

Prof. Liubov Gordina, President, Noospheric Spiritual Ecological World Assembly, Russia, said that many individuals had experienced inner calm through the practice of Rajyoga.

Brahma Kumaris' Secretary General BK Nirwair asked the audience to pledge to give up anger unconditionally.

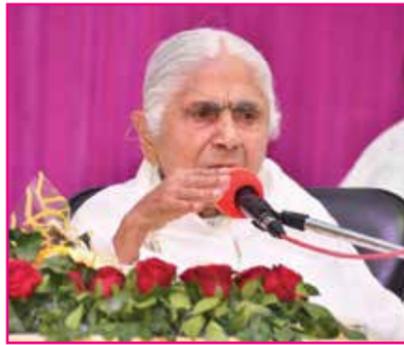
Guest of Honour Sergey Avdeev, pilot-cosmonaut from Russia, said the experience of deep peace and happiness gained by practising Rajyoga meditation was unparalleled.

Hon'ble Justice Mrs. S. Vimala, of Tamil Nadu High Court said the message of the conference was that a life of happiness was possible by choosing positivity.

The Director of Brahma Kumaris in China, BK Deying Chen, said Rajyoga had the power to transform people's lives completely.

BK Mruthyunjaya, Executive Secretary, said peace was not a subject of discussion but experience.

Taking the audience through a practical meditation session, BK Shivani asked everyone to take a pledge to imbibe divine



qualities.

Others who shared their thoughts were BK Maureen Goodman from UK, BK Sonja Ohlsson from Denmark, BK Valerian Bernard from Switzerland, BK Sudesh

from Germany, BK Vedanti from Africa and BK Kala Iyengar from the U.S. Variety cultural performances from the continents enlivened the proceedings. \*



(Purity Report)

# Wisdom of Dadi Janki

*Dadi Janki, Chief of Brahma Kumaris, Mount Abu*

## Really feel that you are fine

I am sure everything is fine with you because you are my friends who pay attention to your inner stage. It is not just that you say, "I am fine," but that you really feel that you are fine. Your stage should remain so happy that others would ask: How does this one always remain so well? For this to happen, you must be truly smiling from your heart, not just superficially. It's not that you have one thing in your heart and something else in your head and something else on your lips.

Once you know who the One above is, then you have the Comforter of Hearts in your heart. You remain aware: I, the soul, belong to the Supreme Father. Remain in this awareness, and you will be truly fine inside and out.

## Faith helps us to be carefree

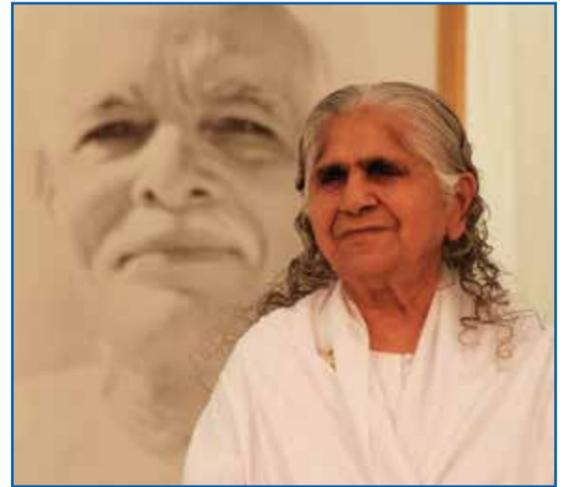
Have the faith, "I am a soul. My father is the Supreme Soul. He is the Father of everyone." Faith helps us to be carefree. Another aspect of faith is to have faith in

"the drama of life". I never worry how something will happen. Whatever service comes in front of me, I simply do that. This is what it means to be accurate in your spiritual life.

We should be such that the world looks at us and sees what we have become from what we were. Dadi has good feelings for all of you. This is the time of the Confluence Age, the time of transition to a new and beautiful age. What should we do now? We all know what we should be doing now. There is an atmosphere of negativity in the world, but we must remain detached from that. Whilst living here we should be detached from this body and from this world. Continue to ask yourself the question, "Who am I? And who is mine?" When we remain in this spiritual awareness, we are able to go beyond body consciousness and serve the world.

## Check your head, heart and vision

Each of us has a special part to play. We play these parts while being detached from the situations of the world and very loving. We have to remain incognito,



introverted and introspective. These aspects are very valuable. Even a small amount of extroversion can prevent you from remaining soul conscious. Spend time in solitude. Now, be a yogi in action; yoga is very powerful.

Yes, there are many activities that need to be carried out, but you still have to take time for your own benefit. Check your head, heart and vision. Keep an honest heart, keep courage, and take the 1,000-fold help that God is giving.

When the mind and intellect are pure, the soul becomes elevated. Become simple and you will automatically be a sample and inspire others.\*

# Raja Yoga heightens our awareness of thought

*BK Sister Kiran, Eugene, USA*

Our feelings, words and actions all originate in the mind. It might seem I did something without thinking, but the thought had to be there... I just didn't notice it!

Most of us are not very aware of our thoughts. Occasionally, we catch ourselves thinking about something, but mostly our thoughts go unnoticed and undisciplined. My mind used to be like Grand Central Station at rush hour without the stationmaster - many trains of thought running in and out all at once, sometimes in conflicting directions. I didn't realise how much energy was being wasted by all this mental traffic, but I remember how tired I felt.

Using our minds, we've harnessed the physical energies of the universe; however, few of us have learned to harness the energy of our own mind. Meditation is a method for this. While there are many different techniques, I've found that Raja Yoga meditation, as taught by the Brahma Kumaris, works best for me. For one thing, Raja Yoga meditation can be practised

**I am what I think. Learning to understand and work with my thoughts makes my mind my best friend.**

anytime, anywhere. Practised with eyes open, it does not involve physical exercises, chanting, breath control or mantras, rituals of worship or dependence on a guru or master. In fact, the aim of Raja Yoga is self-mastery (Raja: king; Yoga: connection).

Most meditation techniques involve the practice of observing one's thoughts. This beneficially fosters nonattachment and

decreases reactivity. The practice of Raja Yoga additionally involves finishing negative and waste thoughts (anger, jealousy, worry, regret, etc.) that drain mental energy, not by denying or suppressing them but by generating positive, life-affirming thoughts and directing them to the self and others.

This effort develops concentration and brings an experience of tranquil, present-mindedness. It has enabled me to discover that my true identity lies beyond transitory thoughts and feelings. I've realized that peace is, in fact, my true and natural state of consciousness. From this place of inner peace and stillness, I can further focus my mind like a laser beam, above and beyond this world of limitations, until it touches the mind of God. It is the experience of this living relationship - this link of purest love - that lifts me into highest consciousness and regenerates my soul. This is the bliss of Raja Yoga meditation.

Thoughts possess great power. From thoughts my feelings, attitudes, actions and habits develop. Whatever I think about, I eventually experience. I am what I think! When I accept sorrow from others and fall into blaming or judging them, I've unwittingly become a passive victim of my own thoughts. I've become my own worst enemy.

On the other hand, actively creating peaceful, loving thoughts not only makes me feel better, it also generates a peaceful and loving atmosphere around me wherein others begin to think more positively and feel more loving. Learning to understand and work with my thoughts has made my mind my best friend. \*

## HUMOUR

And you must have heard about the lost kid who said to the cop, "Please, mister policeman, have you seen a lady without a little boy who looks like me?"

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A three-year-old girl was asked if she knew the meaning of truth. "Truth," she replied solemnly after a little thought, "is which one of us did it."

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"For your surgery," the doctor said, "you can pay Rs.10 lakh down and Rs.50 thousand a month."

"But that's like buying a new car," the patient said.

"You're right," the doctor replied. "I am."